
Story Four: Forty Days of Summer 2025



THE WOMAN WHO LOOKED BOTH WAYS

Friday 8 August – Monday 11 August



Storyteller: Julie Berrow

St Barnabas – 17 August

Genesis 19:12–29 and Luke 17:32–33

TAKE FIVE DEEP BREATHS. CHECK-IN WITH HOW YOU ARE FEELING – IN BODY, IN MIND, IN SPIRIT. TAKE FIVE MORE DEEP BREATHS AND ASK GOD TO ABIDE WITH YOU IN THIS MOMENT. NOW READ THE PASSAGE.

Verses from Genesis 19

When morning dawned, the angels urged Lot, saying, “Get up, take your wife and your two daughters who are here, or else you will be consumed in the punishment of the city.”

But he lingered; so the men seized him and his wife and his two daughters by the hand, the Lord being merciful to him, and they brought him out and left him outside the city. When they had brought them outside, they said, “Flee for your life; do not look back or stop anywhere in the plain; flee to the hills, or else you will be consumed.”

And Lot said to them, “Oh, no, my lords; your servant has found favour with you, and you have shown me great kindness in saving my life. But I cannot flee to the hills, for fear the disaster will overtake me and I die. Look, that city is near enough to flee to, and it is a little one. Let me escape there—is it not a little one?—and my life will be saved!”

He said to him, “Very well, I grant you this favour too, and will not overthrow the city of which you have spoken. Hurry, escape there, for I can do nothing until you arrive there.”

Then the Lord rained on Sodom and Gomorrah sulphur and fire from the Lord out of heaven; and he overthrew those cities, and all the plain, and all the inhabitants of the cities, and what grew on the ground. But Lot’s wife, behind him, looked back, and she became a pillar of salt.

You can watch video resources by going to saintwulstans.online and looking for the post called



**The Woman Who
Looked Both Ways**

One | Spend some time picturing this family as refugees caught up in a natural disaster.

Two | What strikes you differently in this story now that you're reading it as a grown-up?

Three | Jesus speaks of this situation:

Remember Lot's wife! Whoever tries to keep their life will lose it, and whoever loses their life will preserve it.

Luke 17:32–33

Do Jesus words stir any sense in you of hesitation, risk, or regret?

Four | Reread the front page for a reminder about how 'face' works. Lot's wife turns her face back, even as the story urges only forward motion. Is she unable to manage to face the demands of the moment, and could looking back also be a kind of courage — a refusal to lose face by forgetting what mattered?

Five | How do you feel about the God you see in this story?



Six | Try to express your key thought from today as a short phrase that you can carry with you into the rest of your day and week, for example, "Remember Lot's wife". Turn to the back page.



May our Gracious God, who knows our hesitation and regret, reshape our stories with the hope of Christ who calls us forward. Amen.